



NEWS RELEASE

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Monday, June 22, 2009

FOR IMMEDIATE RELEASE

City of Las Vegas July 2009 Fitness & Martial Arts Activities

All activities are subject to change. List is not all-inclusive. Call centers near you for complete list of classes and activities. Most activities require advance registration. The Summer 2009 Leisure Guide is available online at www.lasvegasparcsandrec.com.

Fitness Club

Monday through Thursday, 8 a.m.-9 p.m.; Friday 8 a.m.-8 p.m.; and Saturday 8 a.m.-4 p.m.

Fee: \$6/day, \$10/week, \$29/month, \$150/6 months, or \$230/year

Veterans Memorial Leisure Services Center, 101 N. Pavilion Center Drive, (702) 229-1100.

Membership includes all fitness classes, use of fitness room, cardio and strength equipment and open gym. Reduced fees for additional family members and other limited services. Personal trainers available for hire.

Fitness Memberships (18+)

Monday through Thursday, 8 a.m. -9 p.m.; Friday 8 a.m.-8 p.m.; and Saturday 8 a.m.-4:30 p.m.

Fee: \$3/day, \$15/month, \$70/6 months, or \$105/year. Couples discount available.

Doolittle Community Center, 1950 North J Street, (702) 229-6374.

Pilates (ages 18+)

Mondays, 6:15 to 7 p.m. or 7:15 to 8 p.m.

Fee: \$35 for six-week class

Cimarron Rose Community Center, 5591 N. Cimarron Road, (702) 229-1607.

Tae Kwon Do (ages 7-adult)

Tuesdays or Wednesdays, starting at 5:30, 6:15 and 7 p.m., depending on skill level

Fee: \$40 per month

Lied Community School, 5340 W. Tropical Parkway, (702) 229-5072.

Jazzercise (ages 16+)

Tuesdays, 6 to 7 p.m.

Fee: \$43 per month; \$12 to drop in.

Johnson Community School, 340 Villa Monterey, (702) 229-6175.

Jazzercise (ages 12-adult)

Mondays and Wednesdays 6:30 to 7:30 p.m., and Saturdays, 9 to 10:30 a.m.

Fee: \$30 per month

Lied Community School, 5340 West Tropical Parkway, (702) 229-5072.

Zumba Class (ages 14+)

Monday, Tuesday and Thursday at 9 a.m.; Wednesday at 5:30 p.m. and Friday at 5:15 p.m.

Fee: Included with membership or \$3 per day. Pre-registration not required.

Minker Sports Complex, 275 N. Mojave Road, (702) 229-6563.

Expect a fitness class with a Latin beat and plenty of fun cardio movement.

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Yin Yoga Class (ages 14+)

Mondays at 6:30 p.m. and Saturdays at 10 a.m.

Fee: Included with membership or \$3 per day. Pre-registration not required.

Minker Sports Complex, 275 N. Mojave Road, (702) 229-6563.

Develop strength and flexibility and relieve stress in this 75-minute class.

Power Yoga Class (ages 14+)

Tuesdays, 5:30 p.m.

Fee: Included with membership or \$3 per day. Pre-registration not required.

Minker Sports Complex, 275 N. Mojave Road, (702) 229-6563.

Develop strength and flexibility and relieve stress in this 45-minute class.

Shotokan Karate (ages 5-13)

Saturdays, 11:30 a.m. to 1 p.m., through July. Pre-registration required.

Fee: \$15 per month

Gibson Community School, 3990 W. Washington Ave., (702) 229-5096.

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